

NOVEMBER 2004

# Facets

F O R W O M E N

## truly divine

Ames' Sally Elbert  
takes a leap of faith

*family we choose*  
**the thursday  
night group**

**wine:**  
sips of the season



## Notes from the newsroom:



**By Frances Wilke**  
**Facets Editor**

November is such a fast-paced month with elections, Thanksgiving and knowing the winter holidays will be bearing down on us soon. Hopefully this issue will help you pace yourself for the crazy days ahead.

A few weeks ago, all of the people who work on Facets full time, got together at my house for a craft party. We made all of the gifts that are featured in our holiday gift section.

Our creations were intended to be holiday gifts, yet my mother stopped by and purchased one for her birthday club. Yes, I made my mother pay for it. All of the gifts will be auctioned to Tribune employees and proceeds will go to the United Way of Story County, an organization that is important to all of us.

I can't let this column go to press without a mention of the upcoming election. The national press claims that women voters (i.e. this year, known as the security moms) are the swing vote. Please vote. Everyone's depending on us, as they always do in the end.

Years ago when I first came to Ames, The Tribune ran a daily quote on the editorial page. I fell in love with one of them. The paper with a Nigerian saying is yellowed and frayed on my refrigerator door.

*"Not to know is bad. Not to want to know is worse. Not to care is unforgivable."*

Good advice for these days and times. ♦

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WELCOME TO

# Facets

Facet > 1. One of the flat surfaces cut on a gemstone.

2. The particular angle from which something is considered.

FACETS IS A SUPPLEMENT TO THE TRIBUNE

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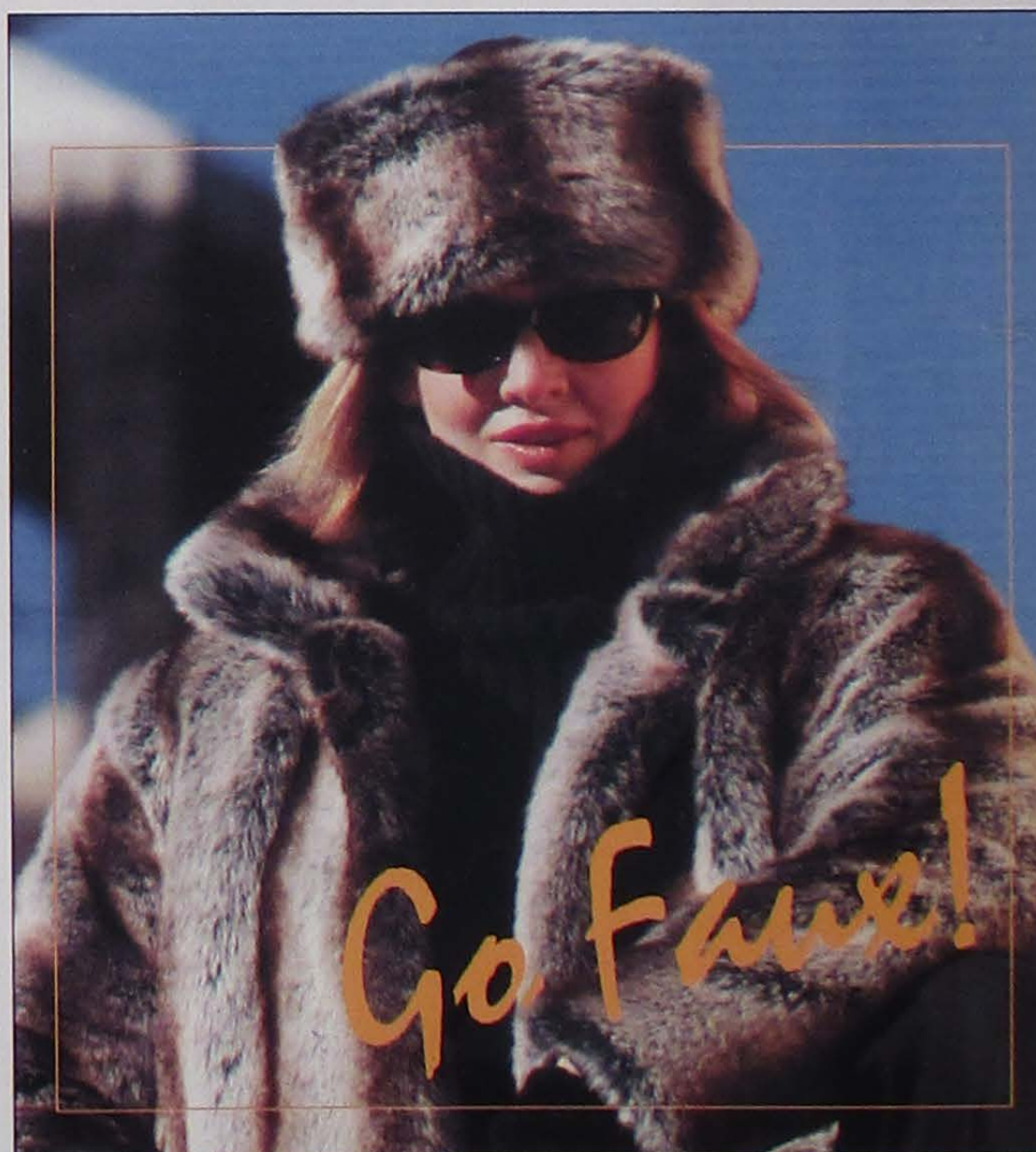
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# women

## on the move

*If you know of a woman who should be featured in "women on the move", write to [facets@amestrib.com](mailto:facets@amestrib.com) or call 232-2160.*

**Susanne (Susie) Hamilton** was named assistant director of outreach and events for student outreach for the Iowa State University Alumni Association. Previously, Hamilton served as the assistant director of residence life at Cornell College in Mount Vernon.

**Elaine Smuck** was named an administrative specialist for the Iowa State University Alumni Association. She previously served as the administrative assistant to the director of the Iowa State University Memorial Union.

**Marisue Hartung**, of Ames, has been named executive director of the Iowa Women's Foundation (IWF), Iowa's singular statewide grant-making organization that serves the needs of women and girls.

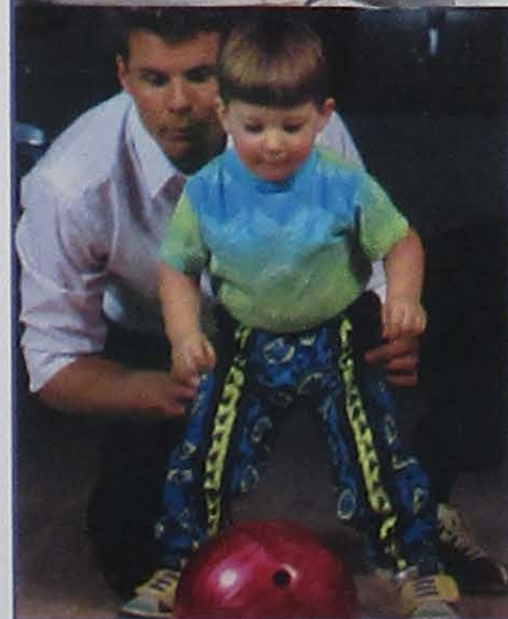
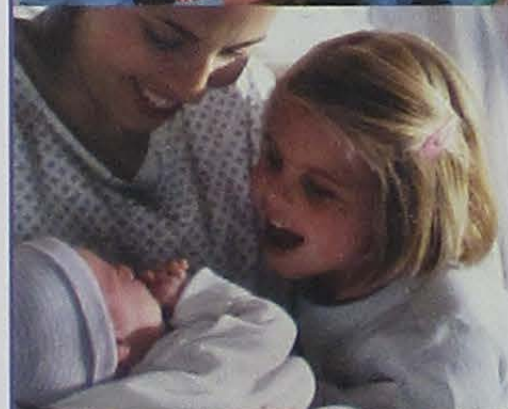
**Ledah R. Paysen**, a licensed massage therapist, recently completed continuing education courses and now is certified in massage for pregnancy and post-partum and trained in hot stone therapy. This will add to her Swedish, deep tissue, trigger point and reflexology sessions. Paysen operates Total Massage with the Ames Back and Neck Care Center.

**Lori Storr** joined the Steve Bock Team as client services coordinator at the RE/MAX Real Estate Center in Ames.

**Christine Sauer** joined Exchange State Bank as assistant vice president. She will be responsible for serving the bank's consumer loan customers, including real estate lending, in the Ames office.

**Heather Courtney** was named marketing director for the Olde Main Brewing Co. and Restaurant. Previously, Courtney served as a store manager for Wireless One in Cedar Rapids and an account executive for KASI and KCCQ in Ames.

**Holly Bender**, an associate professor of veterinary pathology at Iowa State University, was awarded a top teaching honor from the Student American Veterinary Medicine Association (SAVMA). Bender was cited for her leadership in developing Diagnostic Pathfinder, an innovative clinical instructional software tool. The software teaches students a methodology for diagnostic reasoning and instructs them to gather and analyze laboratory data before arriving at a diagnosis. ♦



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# CHOOSING WINES

## For The Holidays

**H**oliday meals are extra special with a celebratory drink. Wine has the ability to suit every palate and price range. We asked Roger Esser, the wine instructor at Cyclone Liquors, to give his opinion on what to serve at your table this holiday season.

Esser emphasized that variety is key. All of these wines contain flavors and textures that complement holiday fare such as turkey, ham, sweet potatoes and desserts.

For party planning, remember that each 750 milliliter bottle contains five 5 ounce servings.

### REDS

#### Rex Hill Pinot Noir — Under \$20

- A light red without the weight
- Hints of black cherry, pepper and spice fragrance
- Good all-around, food-friendly wine

#### Seghesio Red Zinfandel — Under \$20

- Fuller than a pinot noir
- Has a jammy, sweet fruity palate
- Hints of pepper and spice



#### Penfolds Thomas Hyland Shiraz — Under \$15

- Mellow enough for Merlot and Cabernet drinkers
- Full body but still has a soft, supple texture
- A lot of dark, plummy fruit flavors



#### Laurel Glen Vineyard table wine — Under \$10

- Soft and easy blended table wine
- Easy drinking
- Good for a wide range of palates

### WHITES



#### Francis Coppola Bianco — Under \$10

- Nice blended table wine
- White and crisp
- Dry with a light texture



#### Chateau St. Jean Gewurtztraminer — Under \$15

- Sweet, a little spicy and highly aromatic
- Same spices found in many holiday foods



#### Chateau Ste. Michelle Riesling — Under \$10

- Light and crisp
- Touch of sweetness
- Essences of apricot and peach



#### Rombauer Chardonnay — Under \$30

- Stronger body but not overpowering
- Hints of oak and buttery vanilla



#### SPARKLING Mumm Cuvee Napa — Under \$20

- Extra dry with touch of sweetness and hints of fruit. Not as dry as a Brut
- Good before the meal, with appetizers and at the table



#### DESSERTS Beni Di Batasiolo Moscato D'Asti — Under \$10

- Very popular at holidays
- Light, crisp and sweet with slight effervescence
- Pairs well with fruit desserts or a celebration of the fruitcake



#### Blandy's Bual Madeira — Under \$25

- Pairs well with full-bodied desserts, such as pumpkin pie
- Rich, full-bodied and sweet with hints of caramel and nuts.



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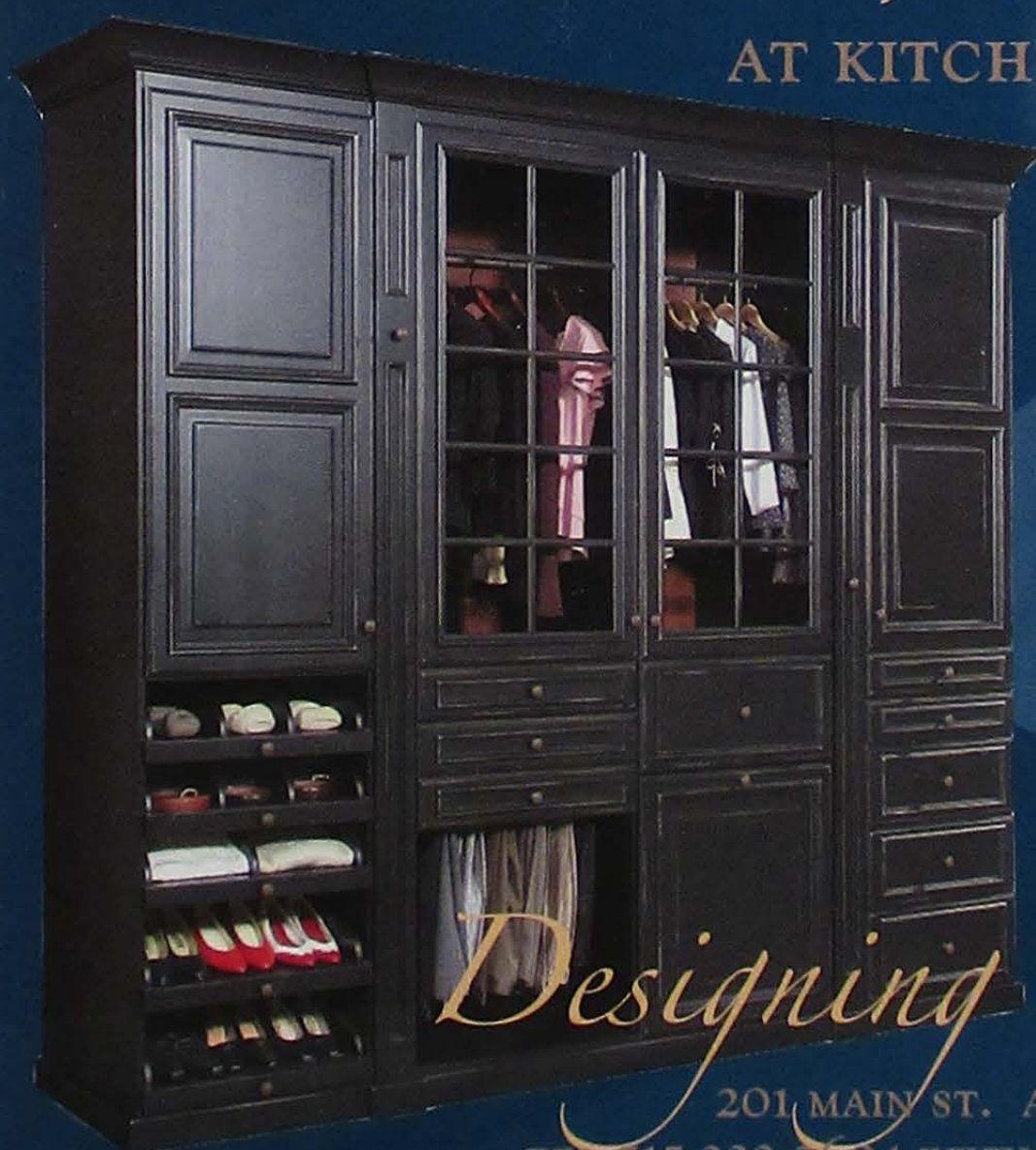
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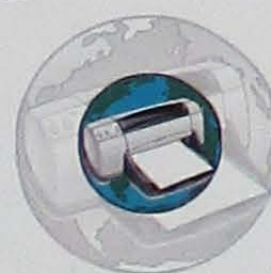
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# YOUR SAY

## The Thursday Night Group

By Buffy Sue Clatt  
Facets Creative Director

Every Thursday night, my husband and our two children head out to see our family. We don't go to see Grandma Dee, Grandma Sue, Grandpa Harley or Papa Charlie or cousins Jaci, Steven, Natalie or Gracie.

Instead, we head to our version of the family Sunday dinner — The Thursday Night Group. It's a time where 11 adults and five children gather

for food, conversation and even a little TV.

It started as a weekly "Survivor" party. But it evolved into a cherished time and new family.

Several in the 16-person group are related by blood. For those of us without bloodline connections, it harbors the same relationship. We are a family.

Each member of this group is exceptional in his or her own way. The women in this group are phenomenally talented,



Peyton Mary Clatt, Stella Reynoldson and Aidan Anderson celebrate together for Stella's 3rd birthday.

what's your elemental nature? <sup>SM</sup>



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Katie White, Joanna Anderson, Amy Jones, Jen Reynoldson, Buffy Clatt and Amy Peters celebrate Amy Jones' bachelorette party.

passionate and educated. They are articulate wives, mothers, sisters and friends.

The men, too, are extraordinary. They are bright, funny and good fathers and life partners. The kids always do something to make us laugh.

The setting rotates weekly. Each family offers an inviting home, a great meal, refreshments (especially wine) and most of all, a feeling of togetherness.

We celebrate. We comfort. We visit. We relax. We play with the kids. Sometimes we watch a favorite show. Sometimes we think we've solved the world's problems after a few margaritas or bottles of wine.

We have our traditions.

Each week, the women go around the room and describe the best and worst parts of our weeks. The bests can consist of vacations, kid firsts or new experiences. The worsts are everything from bad days at work, sick kids or losing a loved one.

It started as a way to fill a lull in the conversation. Now it's a way for us all to catch up when we're too busy to call.

We have our own Thanksgiving dinner and New Year's Eve bash. Thanks to the graciousness of Lynn White, we spend a night at a beautiful lake home on Clear Lake.

The group means a lot to each of us. Although a weekly commitment may seem overwhelming, it is often the highlight of our week.

For the adults, it's time we need to relate, share, listen and

comfort. For 3-year olds Peyton Mary, Aidan and Stella, it's time to form heartwarming friendships — they ask to see each other days in advance. The babies bring such joy to the group. Everyone wants to hold Luke, seven months, and have fun watching Spencer, 15 months, walk around eating everything in sight.

The women have our own side group called "The Chickery." Like teenage girls, we even have matching necklaces, bought by one of the group members. We plan ladies' night out and shopping trips. We talk about putting together a cookbook of all our favorite recipes. We share books, clothes, compare house plans and talk of starting new businesses.

The guys have developed several promising ideas of their own. They would like to form a group called "The Workbench" where they take turns helping each other with home improvement projects. They plan poker nights and guys night out. They even talk of using their ingenuity to use a Hulk Hogan glove (with its big fist) to hold and conceal a beer can.

This group has the uncanny ability to see each other through the highest of highs and the lowest of lows. We have experienced marriages, births, losses and many other life-altering moments.

But no matter what happens, the Andersons, Clatts, Jones, Peters, Reynoldsons and Whites always will be a family. ♦

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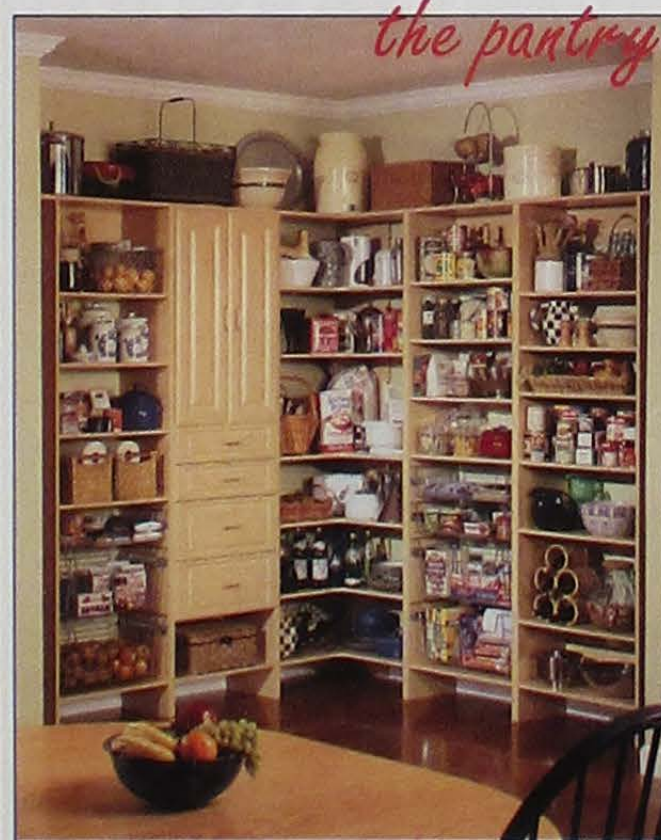
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# what do we READ next?

## INDIAN LITERATURE

By Janet E. Klaas

A few days ago, an acquaintance came up to me in the library and told me that she had just joined a new book discussion group that is dedicated to Indian writers. She knew that this is an area of literature in which I read widely. I was intrigued to hear of a book group that was studying a particular type of literature, though, truth be told, I am in a group that, when it began in 1981, was intent on reading mostly feminist literature. We

didn't stick with that resolve for long. I asked her whether there were members of her new group who were connected in some way with India — natives, second generation, married to Indian spouses. She replied that though a couple of the members had made recent trips to India and one member was friends with someone from Bangladesh — other than that, they shared only an intense interest in Indian culture.

Early in my life, I became interested in India and Indian literature through my friendship with a graduate student at the University of Colorado. He was from Madras (now, Chennai) and was doing an advanced degree in English literature which was also my course of study. I talked to him about his life in India and asked him to recommend some Indian authors who wrote in English. This was in the early 1960s so there were not so many authors in this category.

He recommended the fiction, essays, and memoirs of R. K. Narayan, who like my friend, was from Madras. Narayan, also, had written two works of Indian legends — "Gods, Demons, and Others" and his own version of the epic "Ramayana." My friend also told me to read "Nectar in a Sieve," by Kamala Markandaya, a book now 50 years old, which continues to move me with the poetic and restrained language

with which the author relates the life story of a simple woman in rural India. There were other books my friend recommended to me, but in 1964 there were not many authors to choose from.

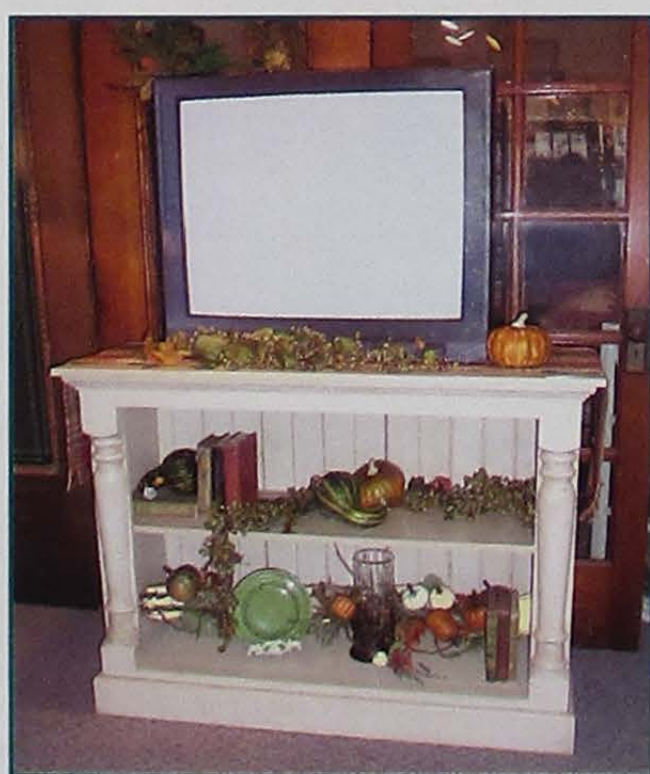
Today there is a plethora of excellent Indian writers publishing in the English language, many of them no longer living in the subcontinent but immigrants or first generation citizens of England, Canada, and the United States. Perhaps it is the experience of living in two cultures that makes this literature so exciting.

I offer you a very brief selection of novels to whet your appetite.

- "Midnight's Children," by Salman Rushdie. Saleem Sinai is born at the stroke of midnight, Aug. 15, 1947 at the precise instant of his country's arrival at independence. As he grows up, he learns that his every act is mirrored and mag-

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nified in events that sway the course of national affairs.

- **"Jasmine,"** by Bharti Mukerjee. A Hindu woman flees her family's poverty, and the Sikh terrorism that bloodies her village. After spending time in the upper west side of New York, she moves to a small town in Iowa.
- **"The God of Small Things,"** by Arundhati Roy. I read this wonderful book right before a trip to the southwest state of Kerala which is the setting for Roy's story of the "two-egg" twins Rahel and Esthappen, their lonely and lovely mother, Ammu, and Kerala's Syrian Orthodox Christian community.
- **"A Fine Balance,"** by Rohinton Mistry. The novel takes place in an unnamed city by the sea (Mistry grew up in Bombay/Mumbai and emigrated to Canada in 1975). The novel is set in 1975 and takes place during Indira Gandhi's "state of emergency." Four strangers are forced to share a cramped apartment—a spirited widow, a young student uprooted from his idyllic hill station, and two tailors fleeing the caste violence of their native village.
- **"The Namesake,"** by Jhumpa Lahiri. The first novel by the author who won a Pulitzer Prize for fiction for her short story collection, "Interpreter of Maladies" in 1999. "The Namesake" takes us on a life journey with the Ganguli family. Ashoke Ganguli arrives in Massachusetts at the end of the 1960s, shortly after his arranged marriage to Ashima in Calcutta, to pursue an engineering degree. Ashoke and Ashima's son Gogul, named for the Russian writer, stumbles along the first-generation path, strewn with conflicting loyalties, comic detours, and wrenching relationships.
- **"Riot, A Love Story,"** by Shashi Tharoor. Set in the north Indian state of Uttar Pradesh during the Hindu-Muslim riots

of 1969, "Riot" chronicles the mystery of Priscilla Hart's death through the often contradictory accounts of a over a dozen characters, all of whom relate their own versions of the events surrounding her killing. Who would want to harm this young, idealistic American student who had come to India to volunteer in a women's health program?

- **"The Death of Vishnu,"** by Manil Sura. The first of a projected trilogy using imagery from the Hindu "trinity" (or trimurti, the three forms of God) Vishnu, Shiva, and Brahma, "The Death of Vishnu" is suffused with Hindu mythology and the exuberance of the Mumbai film industry. The story is set in an apartment building that becomes a metaphor for the social and religious divisions of contemporary India.
- **"The Hero's Walk,"** by Anita Rau Badami. When Sripathi Rao brings his seven-year-old orphaned granddaughter Nandana to India from her home in Canada, life suddenly changes for everyone in his family. Small, silent (she has not spoken since her parents were killed in a car accident) Nandana may be the one person who can bring harmony into his house and hope back into her grandfather's life.
- **"The Impressionist,"** by Hari Kunzru. The saga of Pran Nath Razdan, a boy born in 1903 of a high caste Indian mother in Agra and passed off as the child of her wealthy husband. When, at the age of fifteen, he is revealed to be the biological son of an Englishman, Pran is rejected by his adopted father and assumes a series of "impressions" of other people until his final avatar, that of Jonathan Bridgeman, in Oxford University. ♦

Janet Klaas is a librarian with the Ames Public Library. She is a regular contributor to Facets.



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# art WATCH



## An Iowa State space lets **YOU** be the artist

By Letitia Kenemer

**H**ave you heard of the left brain-right brain theory? It puts forward the idea that each side of the brain thinks differently. The left brain thinks logically, sequentially, rationally and analytically. Most day-to-day activities favor left-brain thinking.

The right brain focuses on aesthetics, feeling, and creativity.

Some educators feel that most right brains don't get enough activity. What about your right brain? Are you getting enough random, intuitive, and subjective thoughts? Hidden in the east basement of the Iowa State University Memorial Union is the secret to unleashing the pent-up creativity to activate your right brain.

The Workspace features art studios that are open to the ISU and Ames community. There is space and equipment to work on your own, as well as art classes if you'd like to learn something new. There truly is something for everyone.

You might think you don't have a creative bone in your body, but you might be surprised.

Consider starting with photography. Classes are available for beginners and specialized classes, such as nature and portrait photography are offered each semester. A darkroom with three enlargers is ready for you to print your own black and

white photos.

Ever since the movie "Ghost," women have wanted to try their hand at throwing on the pottery wheel. The ceramics studio features classes for beginning to intermediate levels in handbuilding and wheel throwing.

A variety of glazes for finishing your bowl, mug, or sculpture are fun to experiment with, and since this is the most popular Workspace studio, participants are never short of advice from other users.

How about increasing your confidence with power tools? Build customized bookshelves for your home or refurbish a piece of furniture that needs a little tender loving care. The Workspace has a full woodshop and a short orientation course that will familiarize you with how to use the equipment correctly and safely.

In the jewelry studio, you can create your own original designs that perfectly accessorize that little black dress — or your favorite blue jeans. Bring a selection of beads and learn to make earrings, necklaces and bracelets in a one-night workshop.

For the more adventurous, fire up a torch to solder metal or create glass beads. You can also work with glass in the stained glass and glass fusing classes.

Classes vary from one-night workshops to eight-week

courses, and fees are based on the length of class and needed supplies.

To use any of the studios, the fee is \$3 per day, or a semester pass can be purchased for \$25. ISU students receive a discount on pricing for classes and passes.

To turn off the left brain and let the light shine bright on the right, there's nothing like the feel of smooth, wet clay squishing thorough your fingers

or the vibration of the table saw, as a whirling blade flows straight through a piece of wood or the sound of a flaming torch melting solder on silver.

Discovering the Workspace gives you the chance to meet students from the ISU community and to find some much-needed time for yourself. ♦

*Letitia Kenemer is the arts program advisor for the Iowa State Memorial Union.*

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# TRULY DIVINE

## SOMERSET SPA SOOTHES BODY & SOUL

By Rebecca A. Petersen  
*Facets Coordinating Editor*

When Sally Elbert woke her husband at 2 a.m. to tell him that she was destined to open a day spa in Ames, he asked if they could talk about it in the morning. Thankfully, Sally told John no.

If she had let him sleep, who knows if that middle-of-the-night idea and enthusiasm would have translated into opening an Italian-style day spa in one of Ames' fastest growing neighborhoods.

There was a higher power driving Elbert. Yes, her Catholic faith helped her find the courage to take a big risk. But Elbert also was motivated by a desire to dig her roots further into the Ames community and stop waiting for someone else to fulfill her dreams. She decided to leave the life of an event planner and open the business she'd been asking her husband to open for years.

"When entrepreneurs go into a business, they need to be 100 percent sure it's going to work," said Matt Eller, an Ames developer who owns the Ville day spa building. "And she was."

Earlier this month, Elbert, who's 43, breathed a sigh of relief when the doors to the Ville day spa opened. The stress wasn't gone, but the uneasy feeling of anticipation finally disappeared. And she could finally share her philosophy on life by using massage therapy, mud wraps, pedicures, nutrition and overall wellness.

"Live today, because tomorrow's not yours," Elbert said just days before the shop's opening.

Elbert, who's been a committed volunteer for St. Cecelia Church in previous years, could fill a wishing well with pieces of paper telling her reflections of life and people.

She wears the blood, sweat and tears of the last six months on her sleeve. She admits there's been nights when after a





long day during construction, she'd come home and cry. There'd be mornings when she questioned whether to walk through the doors of the spa. She missed spending dinner with her husband and two young boys. She missed cooking.

And though she's told others to slow down and enjoy life, for the sake of that message, she's ignored her own advice.

"I think there's a need for people to slow down, enjoy life, enjoy each other," she said. "I tell my friends (the spa) isn't fluff. There are so many benefits of healthy living."



The spa industry is the fourth largest leisure industry in the United States above amusement parks and movie theaters, according to a 2004 report by the International Spa Association.

Day spas — like Ville — by far make up the largest sector of the industry, recording \$5.4 billion in revenue and 81.2 million visits in 2004.

To say Ames is a prime market may be an understatement. Ville is the second day spa accredited by the International Day Spa Association in Iowa. The other is in Fairfield, near Maharishi University.

"The new day spa will work well with the retail and business mix that is present and planned for the Somerset Village," said Mark Reinig, the former economic development director for the city of Ames. "The neighborhood business district was envisioned to provide services to the Somerset

Village and to Ames residents.

"If you had a wish list of businesses that would describe a small village development, a bank, upscale bar, great restaurant, hair salon, florist, day spa, fitness center, dentist office, and many other business offices would be many of the first choices."

Ville day spa certainly fits in with the upscale neighborhood. The pedicure stations consist of a long couch rather than chairs that look like they come from a shoeshine shop.

The manicure station is a cozy, French bistro table, rather than the setting for a 20-minute cuticle quickie. The heated yoga and Pilates room is encased by mirrors and lit by a crystal chandelier. The massage room is engulfed in rich browns, lit cream candles and a reproduction of Michelangelo's "The Creation of Adam."

The other skin care room is encased by a mural of a golf course drawn by Jess Lowenberg, an Iowa State University student.

Most everything, including from the curtains, art, furniture, decorative painting and business cards, was produced locally. Elbert learned at a Las Vegas spa conference that she could ignore New York distributors of the organic spa products, makeup and nail polish and use Midwestern providers.

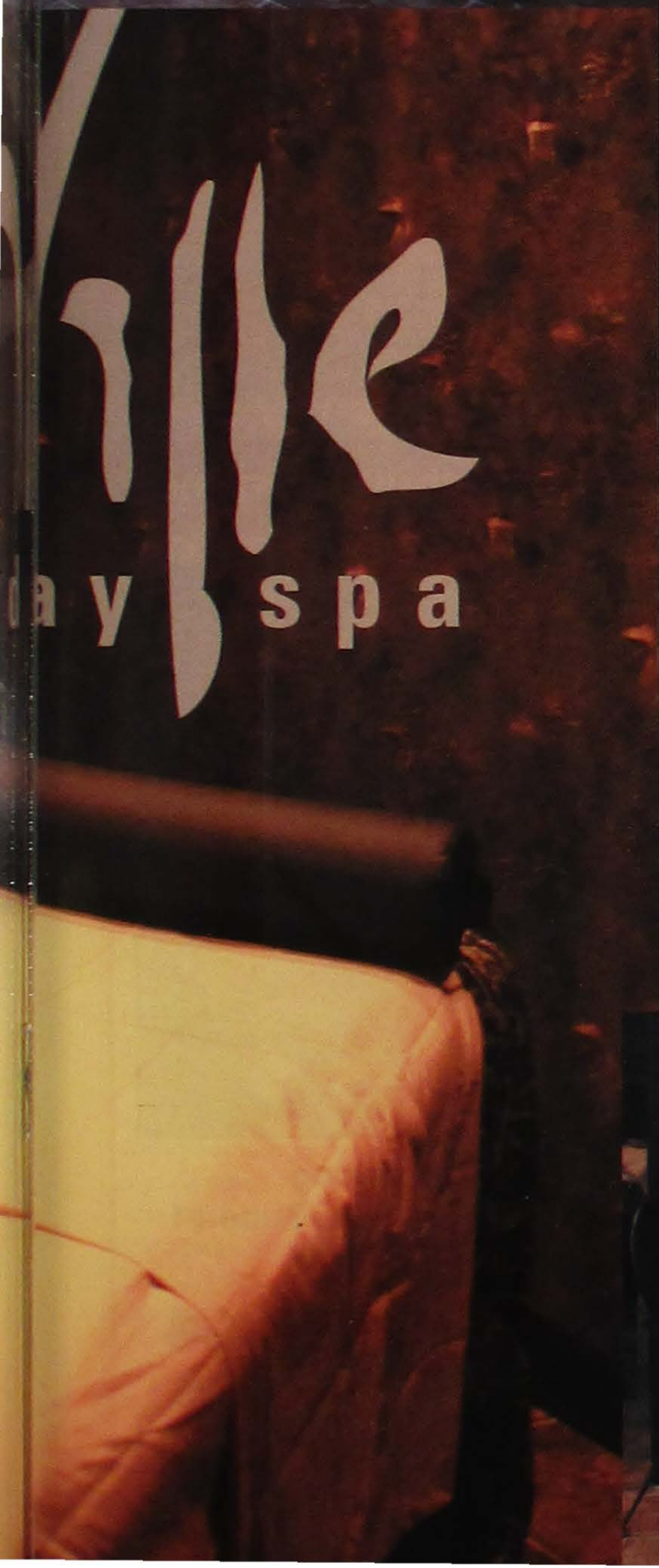
Family friends helped paint. Her sons helped clean, assemble equipment and plant flowers. Her husband drew up the floor plans. Sally Elbert decorated the place, and her unique touches are everywhere, including using a buffet table for the makeup station and plant hooks as curtain rods.

"The main reason we're in Ames is because Ames is such a welcoming, supportive community," said Elbert, who moved from Minneapolis eight years ago.



Sally Elbert emphasizes that the spa is a wellness center, not a salon. Gwen Moser, an Ames certified dietician, contracts with Elbert to provide

*continued on page 18*



continued from page 17

nutrition seminars and classes for specifically treats people with fibromyalgia, arthritis and other chronic fatigue ailments.

The salon's licensed estheticians will work on the skin's first seven layers and refer people to dermatologists if needed. In addition to group and private yoga and Pilates lessons, there will be Tai Chi and Reiki meditative physical exercises.

Elbert will use age-targeted therapy sessions for residents of Bickford Cottage, a nearby assisted living center. She's also told her staff that if they know someone going through a hard time with a death in the family or serious illness to bring them in for a free treatment.

"You get more internally than you'll get monetarily," Elbert said.

Elbert can't ignore the traditional pampering that many want. The six pedicure stations are situated below a row of comfortable couches. The footbath includes stones on the bottom and fresh rose petals for women, and citrus slices for men. Facials and sunless tanning treatments also are available.



Sally Elbert doesn't believe a recent statistic that Iowa ranks near the bottom for the ease of starting a new business. Despite all of the challenges — including totaling her car in mid-August — she thinks starting a business has been a wonderful addition to her life.

Her employees think the business already is a success because of Elbert's attitude.

"Sally's awesome," said Mary Trammell, a licensed massage therapist from Boone who started with Ville after owning her own practice in Fort Dodge. "She cares about people. She's not all about the money. She's about the people."

Matt Eller knows a thing or two about running a successful business after building up a collection of development properties and turning around the bankrupted Visionaire. He thinks Elbert and the spa will be a success.

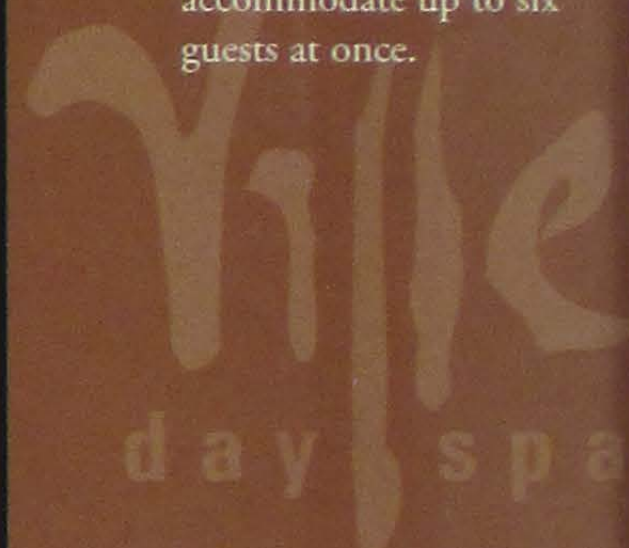
"When people walk in they need to feel welcome," Eller said. "They need to feel appreciated. Sally's very good at making people feel welcome." ♦

Rebecca A. Petersen can be reached at 232-2161, Ext. 348, or at [rpetersen@amestrib.com](mailto:rpetersen@amestrib.com).

## "SOOTH YOUR SOLES"

One of Ville day spa's unique packages is a foot therapy and spa luncheon. Their estheticians will use ancient Egyptian and oriental healing techniques to sooth tired soles. They'll fully exfoliate feet and use reflexology, massaging specific pressure points.

Enjoy lunch with this treatment. The spa can accommodate up to six guests at once.



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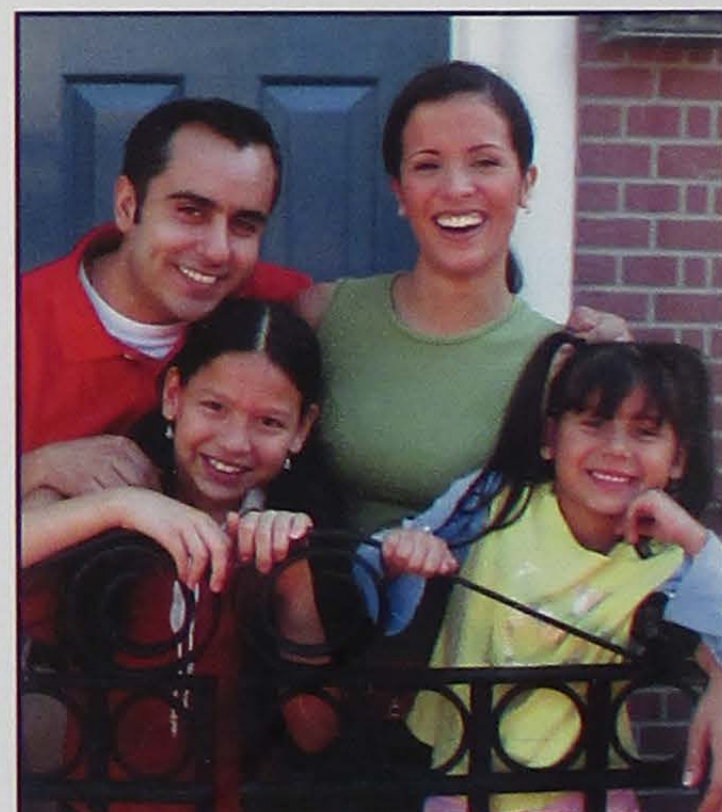
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# SURVIVING THE HOLIDAY FEASTING SEASON

The holiday season is quickly approaching. Food seems to be the central focus wherever you go during the holiday season. It is one of the toughest times of the year for those trying to lose or maintain weight, control diabetes or maintain heart health.

Contrary to popular belief, researchers from the National Institutes of Health and the Medical University of South Carolina, found that people only gain an average of about one pound from Thanksgiving through New Year's Day. Although we may not gain as much as we think during the holidays, the weight appears to hang around and accumulate year after year. The annual weight gain from holiday indulgences seems to be a contributing cause behind the country's growing problem of obesity, leading to more cases of diabetes, heart disease, and a number of other health conditions.

Avoiding weight gain during the holidays does not have to be miserable time of starvation and self denial. Here are some tips to help you enjoy the holidays without adding those unwanted pounds.

## • EXERCISE

Engaging in regular physical activities is one of the most effective ways to lose and maintain weight. Aim for 30-60 minutes a day 3-5 days a week. If you haven't exercised for awhile, make sure you check with your doctor before starting. If you already have a regular exercise routine, try kicking up the intensity during the holidays to help burn those extra calories you are taking in.

## • GET YOUR 5 A DAY

Eating 5 fruits and vegetables every day will help fill you up

without taking in excessive calories. If you eat 5 fruits and vegetables before indulging in other holiday treats, you will get the fiber, vitamins, and minerals your body needs and you will eat far less junk.

## • NEVER GO TO A PARTY HUNGRY

Not eating all day prior to a party can easily lead to a binge-eating episode. Instead, eat nutritious balanced meals and snacks before the party so you are satisfied and can enjoy small portions of your favorites without overeating. Eat slowly and savor each bite. When you are full, stop eating. Don't feel forced to eat food just because it is set in front of you.

## • BRING A LOW CALORIE DISH WITH YOU

Offer to bring a dish to the parties you attend. Take fresh fruit kabobs or vegetables and low-calorie dips.

## • FOCUS ON SOCIALIZING

Remember that the holidays are a time to celebrate with friends and family. Spend your time making conversation instead of standing around the food table focused on food.

## • THINK BEFORE YOU EAT

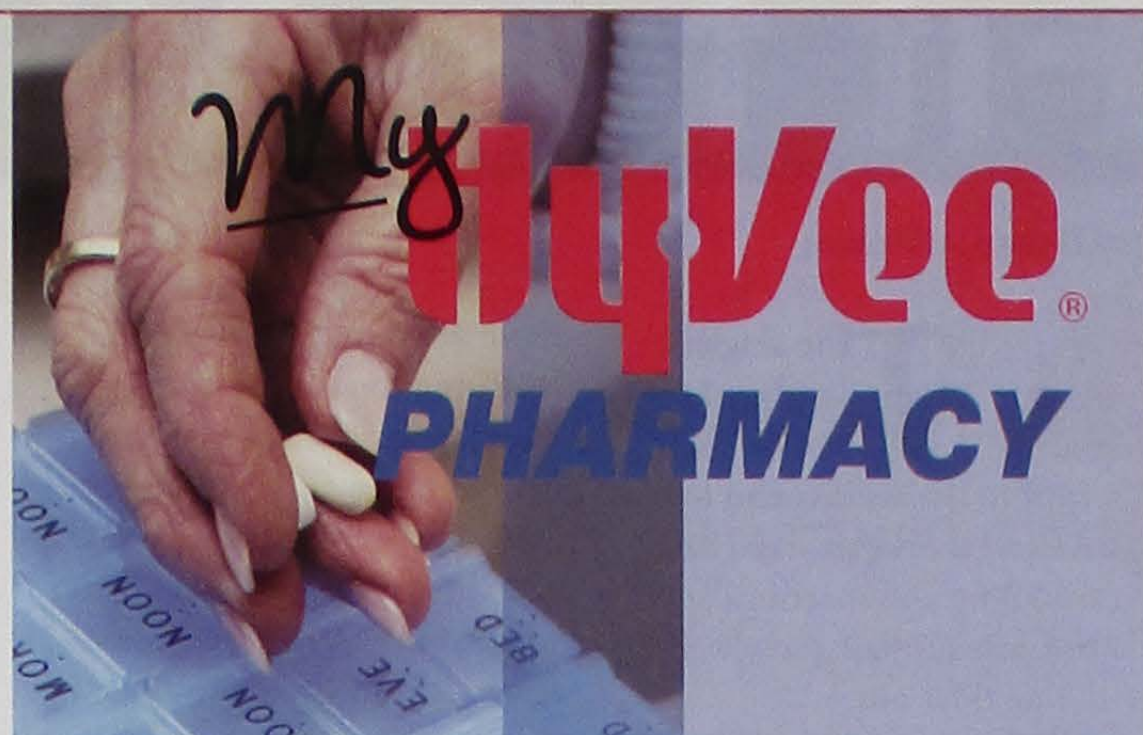
Think about the weight you will gain that may never be lost and negative impact it may have on your future health.



Amber Hamman is the dietician and health market manager for Hy-Vee in West Ames. 1013hmarket@hy-vee.com 292-5543



Stacy is the dietician and health market manager for Hy-Vee in Lincoln Center. 1018hmarket@hy-vee.com 232-1961



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## LINCOLN CENTER HY-VEE PHARMACY

# Fit for All Seasons

By Debra Atkinson



The singlets and tanks are losing their spot to sweatshirts and long sleeves. Shorter days, more carpooling and meetings are squeezing outdoor runs, walks and bike rides out.

What's a woman to do?

The little corner in the basement and the TV are a far cry from sunlight and a cool breeze. Are you destined to gain a few extra pounds or a little more jiggle because the temperature drops?

Not so fast. Welcome to the world of an athlete.

You essentially just finished your in-season. Whether it's golf, tennis, road races, triathlons, or just simply long walks around Ada Hayden, many of us are

more inclined to increase activity during the summer months.

Changing seasons doesn't have to mean all or nothing. Start now to plan for next year and what you'd like to do better when your clocks spring ahead again. Is it the year you'd like to do your first triathlon, see definition in your arms again or propel yourself at a faster walking pace? Perhaps what motivates you is a longer drive off the tee or an un-returnable serve.

This is your season to lay the foundation. It also is your season for injury prevention. Continuing to do the same thing wouldn't be possible without also increasing your risk of injury. A change of seasons can be a welcome thing.

At the gym, strength training can be a big part of your off-season gains. And I don't mean weight, but metabolism. Every year it slows down, and we don't seem to like staying out of the kitchen or away from the table any more.

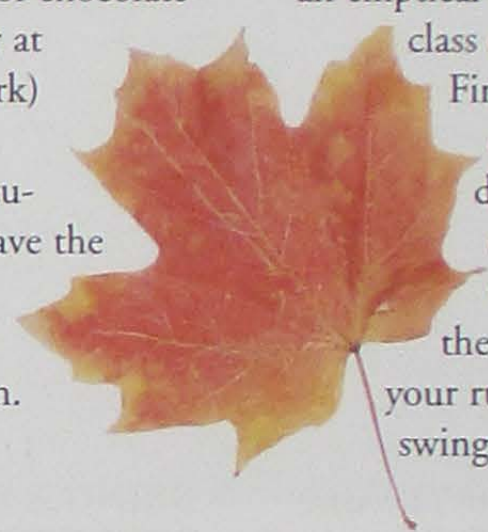
So the magic pill is exercise.

For every one pound of muscle gained, metabolism increases up to three to five percent. That can mean occasionally having a piece of chocolate cake at dinner (or at least your own fork) with no regrets.

For those fortunate enough to have the gym at their fingertips, there is a lot to choose from. Think balance.

If you have been running, for instance, and therefore pounding a lot this summer, work on flexibility and strength training. Find a yoga class and understand what you are doing and why.

In your strength training, work the upper body more than you have all summer. When you do your necessary cardio work, instead of just jumping on a treadmill for more running, find an elliptical trainer, spinning class or a pool.



Finally, locate your core muscles and develop a hidden secret before you hit the road next spring; the ease and flow of your running (your golf swing, and your tennis

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serve) is in the core strength you have.

At-home-exercisers can easily add a strength-training component to their routine with a few simple tools. Dumbbells, physioballs, and exercise bands all are affordable options that can provide endless exercises for gaining muscle tone and strength in a fairly small space. Circuit strength training can be an efficient way to strengthen the heart and the rest of the body at the same time. Just what is that?

One example of circuit training would be performing wall squats with a physioball behind your back, alternated with a shoulder press. This will stimulate both upper and lower body muscles while making your heart work a little harder because you work above and below it.

By pairing exercises like this, you get a lot done in a short time. (Between meetings and dinner for example) Other good pairs are lunges and lateral raises, wall squats, front raises, bridging and shoulder retraction.

For added cardiovascular emphasis, try a circuit that rotates three exercises. Include a

chest exercise (pushup), and a back exercise (row), followed by a movement like squats or lunges. Your heart rate will stay up if you take little rest between these exercises. For maximum cardiovascular as well as muscle endurance, add a minute or two of jump rope, stepping up and down on a step, or using that treadmill or bike in the corner.

No matter which circuit option you choose, begin with a 5-to-10-minute active warm up of some kind to prepare yourself for exercise without injury.

Choose a weight that you can lift between eight and 12 repetitions to fatigue, and move through the range of motion slowly to use the muscle rather than momentum.

Stretch when you are finished both to increase flexibility and to decrease occurrence of muscle soreness. Stretches held for 15-30 seconds are most effective in increasing or maintaining range of motion.

Embrace the season and your well-balanced fitness plan. ♦

## SAMPLE CIRCUIT WORKOUT

Active warm up: 5 to 10 minutes (treadmill, elliptical, up and down stairs)

Stretching: attention to tight areas (this is optional if you've had a thorough and gradual warm up and ease into the exercises)

### Circuit:

Pushing exercise: push up, chest press, chest fly  
8-12 X

Pulling exercise: upright or bent over row, lat pull down,  
8-12 X

Compound lower body exercise: squats, lunges  
8-12 X

Cardiovascular: stepping, bicycling, fast walking,  
2-3 minutes

Repeat the circuit 3-4 times varying exercise selection

Cool down with walking, core work to strengthen back and abdominals. Stretch majors with a static stretch

Choose a weight that causes temporary fatigue somewhere between eight and 12 repetitions.

\*Older adults should use lighter weights and perform 15 repetitions

*Debra Atkinson is a senior lecturer in Iowa State University's department of health and human performance and is a personal trainer at Ames Racquet and Fitness.*

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# HOLIDAY • gifts

## from the heart

Want to make your mother or grandmother proud? Make her a homemade gift this holiday season.

Several of us at Facets haven't bought a gift for family members in years and together, we've found a few projects that readers can make. These are sure to make friends and family feel warm and fuzzy when they tear open that wrapping paper.

### *moisturizing* body scrub

Why pay for expensive spa products when you can make your own at a fraction of the cost? Salt exfoliates and oil moisturizes to leave men's or women's skin baby soft. Throw in a pumice stone and even the most tired feet will feel rejuvenated.

To make: This is a project that requires the crafter to eyeball it! Add enough oil to saturate salt and leave a slight layer on top of mixture. Add scent to your liking.

#### **Supplies needed:**

Kosher or sea salt  
Olive or almond oil  
Essential oils

### *flower* pins

Who can deny that "Sex In The City's" character, Carrie Bradshaw (played by Sarah Jessica Parker), started a fashion explosion with her bright, flower brooch. Every department store is stocking these fall accessories and we know that you can have the same without spending hardly anything.

To make: Use fabric glue to apply jewels to flower. Attach pin back. Let dry and wow your friends with your fashion sense and craft savvy over a round of Cosmopolitans!

#### **Supplies needed:**

Large silk flower tops  
Pin back with safety clasp  
Fabric glue  
Applique jewels in assorted colors

### *scented* bath salts

Everyone will love a chance to end their day with a relaxing, soothing bath. Add your favorite essential oils to awaken the senses.

To make: Mix Epsom salts, baking soda and salt until well blended. This will be your base. We separated each mix into two parts before adding scent

and color. Add desired coloring and scent to base. Mix well. Pre-mix colors before adding to base.

#### **Supplies needed:**

Three parts Epsom salts  
Two parts baking soda  
One part table salt  
(or Borax)  
Essential oils  
Food coloring



## beaded jewelry

A bracelet or necklace with a friend's favorite colors and shapes takes only 30 minutes. While some prefer uniformity, others like to mix it up with different colors and shapes. It's your choice, so have fun!

**To make:** Measure fishing line to desired necklace or bracelet size and add two inches. Take your time choosing beads and arranging them on a hard surface in the shape of the necklace or bracelet. Arrange enough beads to meet the size of finished project.

**To assemble:** Thread fishing wire through crimp then through the clasp. Fold fishing line back through crimp and use pliers to flatten crimp on line. You can now thread beads. At the end, thread line through crimp and clasp again. Fold fishing line back through crimp and flatten. Cut off additional thread and Voila, you have your own Harry Winston!



### Supplies needed:

Cheap fishing line  
Jewelry or needled-nosed pliers  
Crimp beads  
Toggle clasps (for bracelets)  
Barrel or hook and eye clasps (for necklaces)  
Beads in various colors and sizes

## wine charms

With the increasing popularity of wine drinking, these charms are sure to distinguish your guests' merlots from the cabernets or sauvignon Blanc from chardonnays.

**To make:** Cut 1.5 loops of ring-sized memory wire. Use pliers and make a small loop to secure the end. Adorn with favorite charms and beads. Use pliers to secure the other end with a loop.

### Supplies needed:

Memory wire: ring sized  
Needle-nosed or jewelry pliers  
Wire cutters  
Charms (at least 4 per set)  
Beads

## canvas coasters

Simple artist canvass is a great absorbent material for coasters.

Take two 4-inch pieces of canvas and use a simple stitch to join. Cut around the edges with pinking shears to decrease fraying. Embellish or decorate with your favorite materials.

### Supplies needed:

1/2 yard canvass  
Embroidery floss  
Pinking shears  
Needle  
Beads or other adornments  
Hot glue



# LOOKING AHEAD TO SPRING

By Cindy Haynes

## GARDENING REALLY IS GOOD FOR YOU!

**G**ardening is the number one leisure activity in the United States and the surging popularity of our favorite pastime continues unabated. The reasons that people garden are as diverse as gardeners themselves and include the joy of creating and appreciating beauty, spending time outdoors, and providing fresh produce for the table. But did you know that gardening is also good for you?

Let me count the ways!

### Physical Benefits of Gardening

Most gardening activities are light-to-moderate forms of exercise. In fact, many aspects of gardening have been likened to exercises in a gym. Turning compost is like lifting weights, raking is a lot like using a rowing machine,

and mowing the lawn is like walking on a treadmill. As with any other form of moderate exercise, the health benefits abound. One research study has shown that simply strolling in a public garden can lower blood pressure.

Another study proved that women 50 years and older who gardened once a week had higher bone density than those who jogged, walked, swam or did aerobics. Reduced risk of heart disease, better flexibility, more endurance and strength, and weight control are just a few of the other physical benefits linked to gardening activities. But for the willing gardener, gardening has distinct advantages to working out in a gym.

First, the exercise is coupled with an enjoyable activity that is independently motivating. Thus, the need to get "psyched up" for vigorous

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calisthenics, a jog around the block, or whatever other thrashing about one might be inclined to do is eliminated. Also, immersion and focus on the gardening activities themselves cause the exercise time to pass quickly, i.e. no more interminable plods on the treadmill. Second, along with strong muscles, efficient cardiovascular function and a sleek physique, a beautiful and bountiful creation blossoms from your exercise: a garden.

The physical benefits of gardening don't stop with the exercise. Just as Thoreau's wood heated him twice — once while cutting and again while burning — gardening provides health benefits twice. The second physical benefit is realized when the "fruits" of your labor are consumed or enjoyed. Have you ever heard of any vegetables or fruits that were not considered nutritious?

Another added benefit is the quality of produce that you can grow. Homegrown fruits and vegetables almost always taste better because they are fresher.

#### Psychological Benefits of Gardening

Garden work exercises more than just our bodies. It also exercises our minds. Gardening (and gardens) is an equal opportunity benefac-

tor when it comes to our psyche. Gardening can be soothing or stimulating, or both, and the experience desired can be chosen.

Routine tasks such as mowing, weeding and watering have calmed many a gardener. Furthermore, a relaxation response brought on by simply observing and enjoying a garden is a virtually universal human reaction. For example, physicians of ancient Egypt prescribed walks through gardens to improve mental health.

For stimulation, gardening is an avenue that satisfies something else universally human: the desire to create. From the most elaborate formal landscape to the simplest decision to "put that plant just there," gardening is an infinite opportunity for individual creativity. Through observation and experimentation, we constantly practice and perfect gardening techniques.

While nurturing plants and watching them grow, we improve our moods, feel a sense of accomplishment and improve our self-esteem. The endless stream of new plants affords an inexhaustible opportunity for "newness."

When our creations are imperfect — as they always are — the seasonal nature of gardening is our redemption in the form of "just wait'll next year."

The opportunity for stimulation through gardening extends beyond having our hands in the dirt to conversations and camaraderie with other gardeners, seminars and countless books and magazines. The garden also is a never-ending source of inspiration for artists and a great learning environment for youth.

#### Community Benefits of Gardening

Although gardening is often an individual activity, the benefits extend beyond the individual. Gardening fosters a sense of community every time we trade the abundance of produce with friends or plant annual flowers at an empty lot or public place. Community gardens and beautification projects have long been recognized as ways to transform and revitalize neighborhoods and cities. Gardening with neighbors is a great way to make new friends and learn about different cultures all while enjoying and hopefully eating the bountiful harvest.

So, no matter what your reason is for gardening, take heart in knowing that it is good for your mind, body and soul. ♦

*Cindy Haynes is an extension horticulture specialist at Iowa State University.*

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# Who & What Shapes Your Credit Score?

By Sara Gatchel

**A**ccess to credit is essential for buying a home, getting a credit card, or financing a vehicle. Poor credit can hinder your ability to rent an apartment, get a job, or qualify for a loan.

Landlords, utility companies, employers, insurers, and lenders all have the right to check your credit history and use your credit status as a determining factor for approval. Good credit requires an ongoing

commitment to using credit wisely and understanding any changes to your credit score.

Credit scoring is based solely on the data within your credit file. A credit score is a snapshot of your credit risk at a particular point in time. It is not a measure of your income, assets, or bank account.

Those financial institutions make monthly reports to three major credit bureaus. Some financials report to all three bureaus, but some only report to one or two. For instance,

most financial institutions on the East and West Coasts report to Experian, while Equifax and TransUnion get used more often in the Midwest. Typically, a financial institution makes a report to a credit bureau when loans (lines of credit, mortgage or home equity loans, vehicle loans, personal loans, credit cards, or other retail cards) are made; when a loan is paid off; when there are late payments/delinquencies; or special circumstances.

Almost everything is reported, both the "good" and the "bad" stuff.

Following are the three major credit bureaus and the credit scoring systems used by each:

- **Experian:** (888) 397-3742, [www.experian.com](http://www.experian.com) = Fair Isaac/FICO Score
- **Equifax:** (800) 685-1111, [www.equifax.com](http://www.equifax.com) = Beacon Score
- **TransUnion:** (800) 916-8800, [www.transunion.com](http://www.transunion.com) = Empirica Score



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Some specific items on a credit report include:

#### **PAYMENT HISTORY**

- Are you making payments on time? If not, what are the severity, recentness, and frequency of the delinquencies?

#### **OUTSTANDING DEBT**

- What is the number of balances recently reported?
- What is the average outstanding balance across all debt?
- Relationship between total balances and total credit limits. (Is the total credit limit maxed out, is the balance being paid off each month, etc.?)

#### **CREDIT REPORT HISTORY**

- What is the age of the oldest debt?
- Is there any debt at all? (It's better to have some debt than no debt on your credit report to show your capability to repay. Generally, three items a year on a credit report is considered beneficial to your credit score.)
- Inquiries about your credit score and new credit account openings
- How many inquiries and new account openings took place in the last year? (Each time you apply for a loan, at least one inquiry is made.)
- What is the amount of time since the most recent inquiry?

#### **TYPES OF CREDIT IN USE**

- Number of items reported for each type (Bankcard, travel and entertainment cards, department store cards, Personal finance company references)

#### **What can hurt your credit score?**

The top five factors that can hurt credit scores include legal judgments; delinquencies handed over to collections agencies; over 30 days late on payments; bankruptcies; and more than 80 percent loaned out against your credit limit (For example, if your credit limit is \$1,000 on

your credit card and you've used more than \$800 on it without paying it off, you are more than 80 percent loaned out.)

There are several ways to improve your credit score. Pay down on your credit cards, but keep them open with no balance. Continue to make payments on time. Slow down on opening new accounts. Move revolving debt (credit cards) to installment debt (fixed loans).

There are many non-profit credit counseling organizations that can help you understand your credit. Check your local listings, or ask your financial institution for a reference.

It is recommended that you obtain a copy of your credit report once a year. Examine the report carefully for accuracy and to ensure it is complete. This

*Did you know that the average American that has no late payments has a credit score of 720?*

*Credit scores can range from 350-850*

can help prevent identity theft and can help prevent any errors on your report that could disqualify future loan applications.

You can verify current balances on loans, and possibly discover some open lines of credit you did not remember you had. You are entitled to one free copy of your credit report from the three major bureaus every year starting on March 15, 2005. Any discrepancies in the report should be immediately reported to each credit bureau, and that will be reflected on your future reports. ♦

*Sara Gatchel is a marketing and public relations assistant for the Greater Iowa Credit Union in Ames.*

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# Food Bites

*Let's talk turkey!*



Good planning is a must for the big day.

If a beautiful table is important to you, do it days in advance.

Writing down a timed list and sticking to it, will avoid any panic-producing moments.

Don't forget that a supply of good condiments and side dishes will rescue any really dry and tasteless turkey. Believe me; it happens to the best of us. Chock it up to experience.

I remember years ago when my older sister gave her first Thanksgiving dinner. The house was full of people and the smells were tantalizingly memo-

orable. Louise's kitchen was so small she had to be alone to open the oven door to baste the centerpiece. It wasn't until she lifted the prize from the oven that we all cracked up — laughing to see the turkey was upside down. She was too young to see the humor at the time and cried. Perhaps it was from exhaustion.

At any rate, the end product may have been beautifully brown on its backside, but the breast meat was mouthwateringly perfect. She cheered up in no time.

The ideal lesson here is that looks don't always count. ♦

*Place setting by Beverley's, 209 Main St.*

**By Frances Wilke**  
*Facets Editor*

**N**ovember Food Bites naturally needs to talk turkey this month.

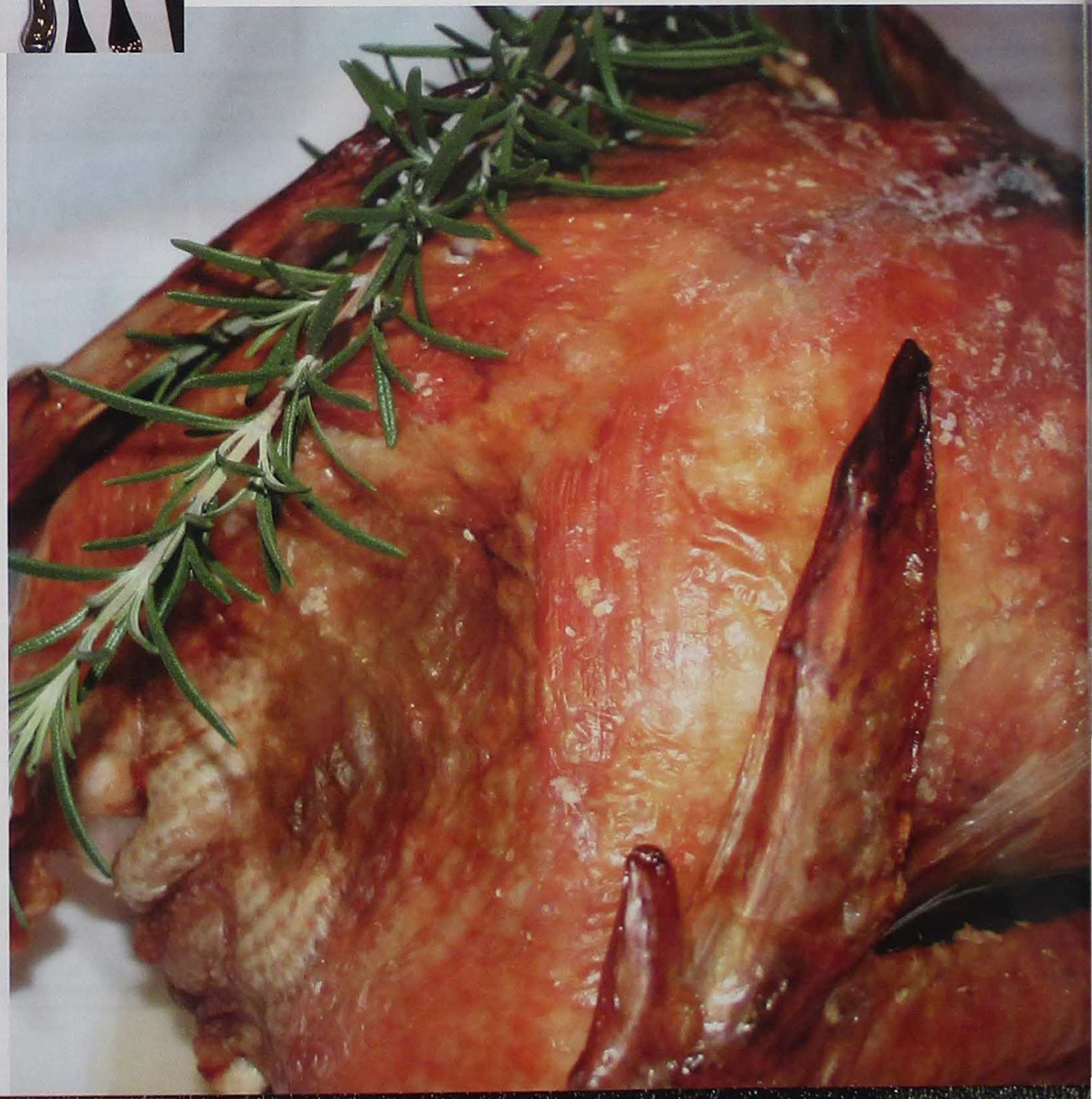
Whether you are a first time cook or seasoned professional, sometimes the end product looks nothing like the beautiful photos in magazines. Sometimes your bird doesn't look like the succulent, roasted creation that graces those pages.

IT IS OKAY! Just like the cover models, those birds have been buffed, puffed and oiled to an inedible perfection. (Dare I say, airbrushed?)

I don't mean to be the "anti-Martha" (okay, yes I do) but Thanksgiving is a time to share. I would rather have a mediocre meal with a room full of friends than sit down to a three-star restaurant meal alone.

Besides, the end product is meant to be edible. If it comes out funny looking, it should add to the laughs and merriment around the table. ("My goodness, this turkey looks like Marlon Brando!")

So, here are my tips for a happy holiday with good eats.



# Rosacea

## stop seeing RED

By Charles W. Love

**F**ourteen million Americans know the daily emotional pain and embarrassment of the disease called Rosacea. It is common for people with Rosacea to be accused of being alcoholics. The redness and embarrassment often cause people to limit activities and avoid social functions.

Rosacea is a chronic disease that is characterized by flushing and redness of the face that can progress to swelling, painful blemishes and an enlarged bulbous nose (Rhinophyma). Sometimes Rosacea also can affect the eyelids.

Rosacea usually starts in the late twenties to thirties but can come on at any age beyond the teen years. Rosacea is most common in fair-skinned individuals.

Bacterial infection, follicle mite infestation and hereditary factors induced by sunlight are the leading theories as to the cause of Rosacea.

There are several factors that commonly cause worsening of Rosacea symptoms. In our clinics we find that of all the causes that cause flare-up, sunlight, extreme heat or cold, exercise, spicy foods, embarrassment and alcoholic beverages cause most problems for Rosacea sufferers.

Treatment of Rosacea is based on the type and severity of the disease. In our clinics, we start patients with mild to moderate Rosacea on topical preparations

containing antibiotics such as metronidazole or sulfacetamide.

Azelaic acid is a newer topical alternative that can be helpful to some people. For more severe Rosacea, it is generally helpful to

add oral antibiotics such as tetracyclines or erythromycin. Flushing can be reduced by treatment with medications such as beta-blockers or clonidine.

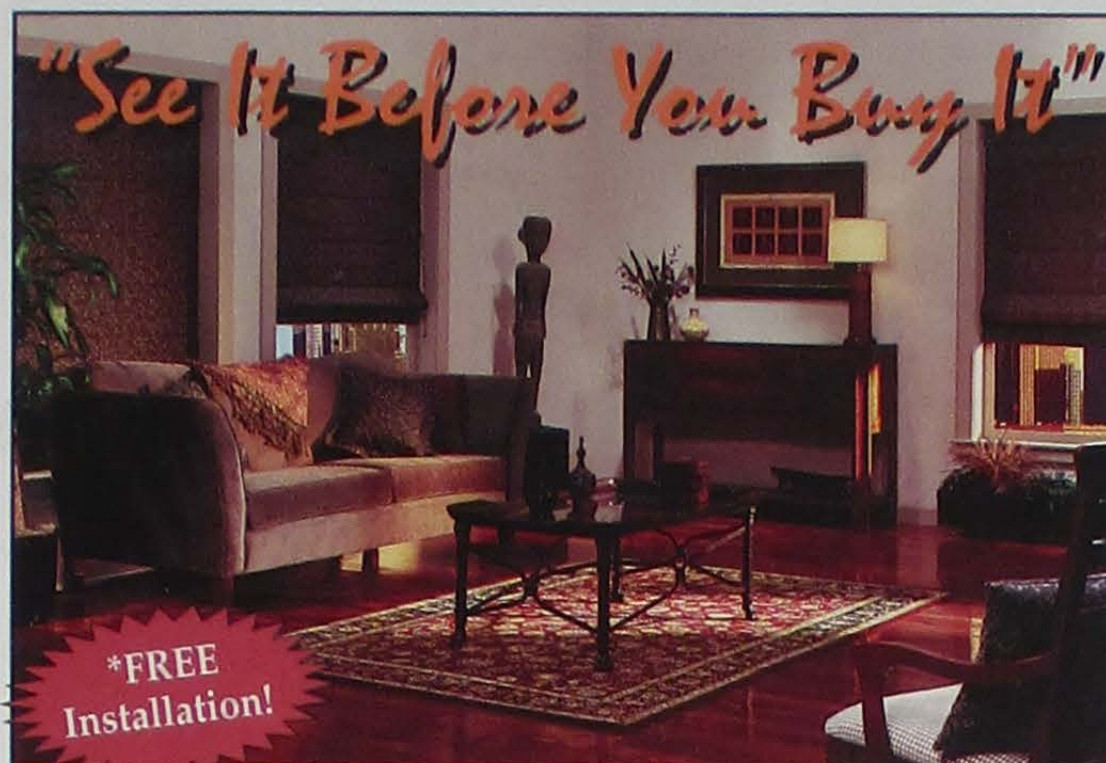
Avoidance of triggering factors is important in the early stages of treat-

ment. With the best medical results, a Rosacea patient can expect to halt progression of the disease if the medications are used for life.

The broken (dilated) blood vessels caused by past damage will not resolve with treatment. In the past, the most that could be offered for this problem was green-tinted cosmetics. Thankfully, we are able reverse this damage with a laser-like device.

An intense pulse of light is used to close the dilated blood vessels reducing the redness and improving the underlying disease of Rosacea at the same time. Patients are able to return to normal activities immediately following this procedure. These treatments will get the red out and reduce the embarrassment and emotional pain of Rosacea. ♦

*Charles W. Love, M.D. is a certified dermatologist and owner of Radiant Complexions Dermatology Clinic Inc. in Ames.*



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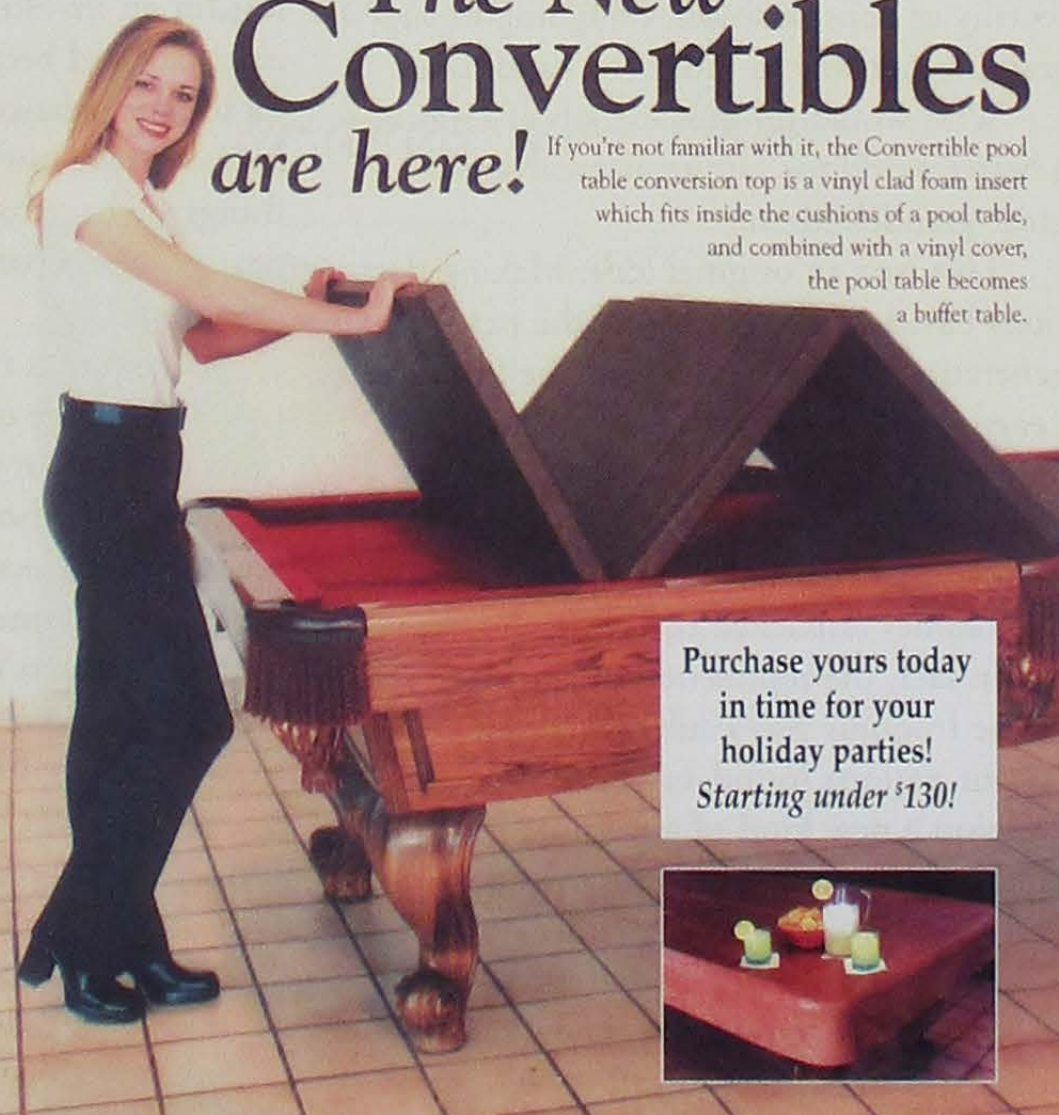
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# hue & cry

Definition: Any loud clamor or protest intended to incite others to action.

## Voting for the seventh generation

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—Preamble to the Constitution

*"Look and listen for the welfare of the whole people, and have always in view not only the present, but also the coming generations, even those whose faces are yet beneath the surface of the ground—the unborn of the future Nation."*

—from the Great Law of Peace of the Iroquois League

By Heidi Marttila-Losure

When you go into the voting booth to elect leaders next month — and of course there is no question that Facets readers will be at the polls, educated on the issues and eager to do their duty as citizens — what will guide you in making your decisions?

The airwaves and blogs are filled with people suggesting their own criteria: Which candidate has the best hair? Which candidate would you trust to walk your dog? Whom would you rather invite over for a barbecue? Who would win a thumb war?

Since those questions are apparently worthy of consideration, I'm going to suggest another way to judge the candidates:

Who would do the best job of creating a better world for our great-great-great-great-grandchildren?

This isn't an original idea. Making decisions based on the welfare of the next seven generations is the tradition of the Iroquois League, which had a well-established government — a confederation of sovereign nations held together by a constitution — in northeast North America long before our 13 colonies ransacked the idea.

In fact, the representational democracy of the Iroquois was a substantial influence on our nation's founders as they tried to envision a new kind of government. (What, you don't remember reading this in your U.S. History class? Well, neither do I. Check out "Forgotten Founders" by Bruce E. Johansen if you want to know more about this overlooked detail — the entire text can be found at [http://www.ratical.com/many\\_worlds/6Nations/FF.pdf](http://www.ratical.com/many_worlds/6Nations/FF.pdf).)

The great benefit of seventh-generation thinking is that petty arguments fall by the

wayside. We don't spend a whole lot of time pondering who crossed the Potomac with George Washington. Our descendants won't bother bickering about what happened on a Swift Boat in Vietnam, and they won't care how the military typeset memos in the 1970s. Somewhere deep down we know this. But when we focus too closely on the present, small matters get attention that is completely out of proportion to their worth.

Our thinking seems to be even more short-term. We judge our businesses on their quarterly reports. Suffering an initial loss for an investment in the far-off future isn't tolerated because the future doesn't fit on today's balance sheets. In our private lives, we take out multi-year debts for things we have to have today. Instant gratification has become our standard mode of operation.

The same is true in the world of politics. The nature of the system trains politicians to think in two-, four-, or six-year increments — however long it is until they are up for re-election.

But that same system requires that politicians listen to their constituents. At election time, we can try to push politicians to think beyond their own time in office.

What might our priorities be if we were truly trying to plan for the seventh generation? Here are a few suggestions:

**Reduce debt.** Pushing the costs of our needs onto our children is antithetical to seventh-generation thinking. Every bill that comes before our legislators should have to answer the question "Who is going to pay for this?" Any answer other than "We are" means we are shirking our responsibilities.

**Conserve natural resources.** In many ways, our nation has steadfastly refused to think ahead on how we regard our environment. Our descendants will have to deal with the consequences of our squandering such necessary elements as water and topsoil if we don't start acting more responsibly.

**Work for peace.** War creates rifts in a society that ripple through the generations. The pain of the Civil War, for example, is still echoing in the South, where some still call it The War of Northern Aggression. Leaders should do all they can to resolve differences without resorting to violence.

Which of the potential leaders on the ballot next month (if any) have a record — in actions as well as words — of planning for the seventh generation? If we let the candidates know that this is our standard for judging their actions, they might let the petty issues of the day drop and start facing the issues that are of lasting concern.

They aren't likely to do that if hype over hairstyles stays in the headlines.

In the last presidential election, the candidates were supposedly chasing after "soccer moms" for their vote. This year, the key demographic has shifted to "security moms." How about the "seventh generation moms" of 2008?

If we can pull it off, our great-great-great-great-grandchildren will thank us. ♦



Heidi Marttila-Losure is a copy editor at The Tribune and is a regular contributor to Facets. Contact her at [hlosure@amestrib.com](mailto:hlosure@amestrib.com).

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